

I. SYNCHRONIZED SWIMMING PHILOSOPHY

The synchro program is organized to help youth develop important qualities that will carry into their adult life. Through consistent practice, participants will enhance their physical coordination, fitness and skill development. Gradual improvement in competition encourages stronger self-confidence and personal esteem. Participation in a team environment generates sportsmanship and team spirit. This program encourages family participation as support spectators, members of parent support groups, or volunteer officials at the competitive meets. Mesa Parks and Recreation Division hopes to make your child's experience fun and rewarding.

II. OBJECTIVES

Each child who participates in the program shall:

- A. Be taught basic synchronized swimming skills.
- B. Participate in rigorous, organized training sessions.
- C. Develop the qualities of self-discipline, sportsmanship and fitness through cooperative and regular participation in the practices and team competitions.
- D. Gain knowledge of the life-long benefits to be found in synchronized swimming and pride in accomplishment.
- E. Learn the values of team membership.

III. REGISTRATION

- A. No swimmer shall practice until the registration fee is paid.
- B. Swimmers must have competed in at least one weekly meet in order to participate in the championship meets.

IV. ELIGIBILITY

- A. **No league swimmer may participate in any organized competitive swim program other than those approved by the League Director any time after March 31st. If a swimmer participates in an unapproved program after March 31st, they are not eligible for participation in the Mesa City League. Any falsification of this rule will result in suspension from summer competitive leagues. Organized competitive programs will include, but is not limited to Arizona Aqua Stars and Az. Desert Dolphins.**
- B. Determination of age for synchro in the league meets shall be the swimmer's age on the first day of the program. Proof of age must be made available upon the request of the League Director.
- C. **Participants must be at least 6 years old. Must be able to swim one lap across the pool using any stroke, and be comfortable in deep water. Participants who are unable to meet these basic requirements will be asked to move to our lesson program in order to strengthen their skills.**



- **Girls must be able to be self-motivated and able to work with others in order for the routine championship part of the season.**

- D. Age groups for competition shall be: 6 year olds; 7-8; 9-10; 11-12; 13-14; and 15-17.
- E. Once a swimmer competes with a City of Mesa league team during that season, he/she may not compete with any other league during the same season without the permission of the League Director.

V. RISKS

A parent or guardian signature is required on the registration form when registering for the synchro program. The form informs the parent of the risks associated with strenuous physical exertion when participating in competitive aquatic activities and injury may result. Mesa Parks and Recreation Division employees are not liable for any injury sustained in participation in the program including transportation to and from the activities. The supervisor, participants, and parents are also held harmless. If you have any questions about this please consult the League Director.

VI. SWIM SUIT

- A. Team suits for synchro are solid black, but the purchase is optional. Youth are not required to wear a team suit. Any swimsuit that is functional for synchronized swimming is acceptable.
- B. Team participants may purchase team suits from any vendor. Vendors in Mesa include East Valley Sports 6306 E. Main St. 480-832-8172 and Ski Pro located at 1924 W. 8th St. at the Riverview shopping area. 480-962-6910

VII. AWARDS AND MEET ORGANIZATIONS

- A. Awards
 - 1. Figure Meets
Ribbons will be awarded for 1st through 8th place in each age group, and participation ribbons given to all other participants in the weekly figure meets. An extra competitive event will be swum at the beginning of the meet. Place ribbons will be awarded to the swimmers at the end of their heat.
 - 2. Duets and Trios Meet
Ribbons are awarded for 1st through 8th place in each age group.
Participation ribbons will be given to all other participants.
 - 3. Routine Championship Meet
Medals will be awarded to 1st through 3rd place team participants—both in 10 and under and 11 and older groups. Rosettes will be awarded for 1st through 3rd place for duets/trio routines, and participation ribbons to all others.
- B. Meet Organization and Administration

1. Figure Meets

These meets require the swimmers to compete in the 4 figures they have been working on in practice.
Figure meets will be split meets; swimmers 10 and under will compete and receive their awards first.
Swimmers 11 and older will compete when they are finished.
Four figures are required at each meet. Two panels of judges will judge two figures each.



- **During figure meets we ask that parents, swimmers, and spectators please remain behind the judges and table workers. All need to remain quiet during these meets out of respect of the swimmers.**

2. Figure Championship Meet

There will NOT be a figure championship meet.

3. Routine Championship Meet

- a. During the routine championship meet each individual will be allowed to compete in only two separate routines (i.e. duet and team, duet and trio, or team and trio)
- b. **Duet**-consists of two swimmers. The routine, which may include 15 seconds maximum of deck work, is to be of at least 1 minute and 15 seconds, and at the most 2 minutes and 15 seconds. Two points will be deducted from the total if the team fails to meet the time requirement.
- c. **Trio**-consists of three swimmers (same rules as above).



- **Duets and Trios are picked based on skill levels of the swimmers. Please realize that your swimmer might not be in a duet or trio with their best friend, sister, or relative. If you are planning a vacation during this time your swimmer won't be placed in a duet/trio. It is not fair to the other swimmers.**

- d. **Team-** each pool may enter teams of four to eight swimmers, teams with more than four swimmers (max. eight) will receive plus (+) ½ point for each swimmer above four for a possible two extra points.

The 11 and older routines may include 30 seconds of deck work and is to be at least two minutes minimum and three minutes maximum (including deck work).

The 10 and under routines may include 30 seconds deck work and is to be at least two minutes minimum and two minutes thirty seconds maximum (including deck work).

- e. **Scores**-each routine score will be totaled for award placement.
f. **Please be at championship meets 1 hour prior to start time.**



5. Bad Weather

The safety of the swimmers and spectators are very important. Figure meets and dual meets that are cancelled will not be rescheduled. You can call the pool or go to the pool to find out the decision on the meet.

Qualifying and championship meets will be completed. If bad weather occurs, the meet will be postponed until the weather clears. If the meet cannot be conducted on that day, it will be rescheduled. Participants must call or come down to the pool to determine the scheduled start time.

VIII. BASIC RULES FOR COMPETITION

1. The basic format and rules of the United States Synchronized Swimming (USSS) will be followed. Local rules will prevail where deemed necessary or practical.
2. The USSS rules will govern all meets with the following exceptions:
 - A. All age groups will do the required figures scheduled for each meet. (see attached calendar)
 - B. Each swimmer who plans to participate in the routine championship meet is required to participate in **ONE** figure meet.
 - C. Definitions of basic movements:

Judging of figures based on:

 1. Transition—a continuous movement from one defined body position to another.
 2. Control—demonstrate total command in figure execution.
 3. Absence of traveling—performing a figure in a relatively stationary position.
 - D. Judging: Two panels of five judges will be used for each figure meet. One of those will be a figure referee monitoring each judging panel. One high and one low score will be dropped. If five judges are not available, two panels of three judges will be used. With only three judges, the high and the low will not be dropped.

IX. PARENTS' RESPONSIBILITIES

1. Provide transportation for their child to and from practices and competitions.
2. Give support to their child's efforts through praise, understanding and attendance at team events.
3. Respect coach's authority by;
 - A. Refrain from interrupting practice. Please keep communication with a coach before or after practice.
 - B. Please stay out of the water during practices and meets.
4. All competition officials are volunteers. **Parents are encouraged to support their athlete(s) by volunteering to officiate at meets.**
5. Parents must pick up their children as soon as practice or meets are over. Coaches and staff are not responsible for children after practices or meets.

X. SCHEDULE 2015

At weekly meets warm-up will begin 30 minutes prior to meet start time.
At the championship meets coaches would like their swimmers there 45 minutes before start time.
All age groups will do four required figures at each meet.

Monday, June 1 st	First day of team practice
Friday, July 17 th	5:00 pm Synchro Duets/Trios Championships for all age groups at Kino
Wednesday, July 22 nd	5:00 pm All Age Groups-Team Championship at Kino

Please give us your feedback on Swim Lessons or Recreation Swim Teams. Upon completion of your program, we would like you to tell us what you thought. Please visit us at www.mesaaz.gov/parksrec



Required Figures - 2015

10 and Under

6/09	Tub	1.1
	Oyster	1.2
	Ballet Leg, Single	1.6
	Tower	1.8
	*Head First Sculling Lap	
6/16	Somersault, Back Tuck	1.1
	Ballet Leg, Single	1.6
	Tower	1.8
	Barracuda	2.0
	*Boost-no arms	
6/23	Shrimp	1.6
	Ballet Leg, Single	1.6
	Kip	1.6
	Tower	1.8
	* Eggbeater Contest	
6/30	Duets/Trios	
	* Split Competition	

11 and Over

6/09	Somersault, Back Tuck	1.1
	Oyster	1.2
	Ballet Leg Single	1.6
	Tower	1.8
	*Head First Sculling Lap	
6/16	Ballet Leg Single	1.6
	Kip	1.8
	Tower	1.8
	Barracuda	2.0
	*Boost-1 arm (blade)	
6/23	Ballet Leg, Single	1.6
	Neptunus	1.8
	Tower	1.8
	Walkover, Front	2.1
	* Eggbeater Contest	
6-30	Duets/Trios	
	* Split Competition	

7/17 Duets/ Trios Championships
10 and under @ Carson 5pm
11 and over @ Carson 6 pm

7/22 Team Championships
All ages @ Kino 5pm

